

INTRODUCTION TO REIKI

BY

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Introduction

Thank you for taking the time to increase your knowledge and understanding. The world of energy (Reiki) can lead you to wonderful places you never thought you were going. You will enjoy the adventure whether your goal is to be a true healer, help family, friends and pets, or just see where this takes you. This material is meant to be a support to those participating in the tele-courses I provide however even if you do not take one of the tele-course this material can be a great benefit to you. My name is Sherry Andrea (Hanshaw). I do not use my last name. That was something I was guided to do. In helping others who I am is less important than the actual help I give. The messenger is never more important than the message it self.

My path began like so many others. I was facing major changes in my life and pondering where I would go next led me to realize that I never really knew myself. Who I was, was I was good at, etc. It led to a depression which then led me to seeking help. Help often comes from places and people you don't expect it to. One day I was online ordering sage and bay leaves and for some reason when the seller contacted me I spilled my guts. I had no idea why I told a stranger online everything I was going through. In return she recommend a book to me. Not doubting how she could know what I needed and just feeling desperate for help I ordered the book immediately. The book was "Excuse Me... Your Life is Waiting" by Lynn Grabbhorn. It still sits on my shelf and is the only book I will not loan out to anyone. It was my beginning and the first stone I stepped on, unless you say it was the initial break down I had, which lead to many other stepping stones. Understanding that I really was in control of my life (reality) I really wanted to make use of what this book taught which was the law of attraction. I understood that during practice my vibrations needed to be high. High vibrating positive energy out flow was what I understood that I needed. So that was what I headed off in search of and what led me to tripping over a Reiki site that offered free attunements.

Even before I began looking for a way to raise my vibrations I started practicing flowing out energy. I would stand in the middle of the floor, bare feet on the tile, close my eyes and practice flowing energy. From the very start I noticed things I couldn't explain, like it felt like there was a mini earthquake happening under my feet. I would ask others in the future about this on message

board and no one could relate to the experience or help me understand what was going on. I did eventually understand that it was caused by an over abundant of energy build up within my body. Basically more energy than my body could hold. The point is that even without an attunement you have the power to do energy work. Even without an attunement you can strengthen this ability to a point where you are even more effective than if you just had an attunement.

You must understand before you continue that the power and ability was within you all along. Just like Dorothy in the Wizard of Oz, you are already wearing the pretty red shoe, you just have to learn to use them. With the power of intent, an action and flowing high vibrating energy that came from her emotions and feelings of home Dorothy was able to use the power of those red shoes. You can do the same!

Chapter 1

Beginner Training Part I – Finding Your Power

So you have gotten your Reiki attunements and have had a little practice. Maybe you have Reiki'ed your friends, your pets, your broken blender, your mother-in-law (out of desperation) but you wonder many things. Where is the power in this energy system, how will I know if it worked when I use it, how to I do it but be more effective, and is there more?

I will answer all those questions. Remember that often attaining knowledge and answers to questions often leads to more questions. It is never ending but leads you to a place of wisdom eventually. Because of the length I have broken this up into parts. This is part one. By the end of the series you will have all the answers.

WHERE IS THE POWER

The power is in you and is control by you although it is not really you who is doing the energy work and healing. You are just a conduit for universal energy as many of you already know. But it is important for you to understand that you do have a hand in and play a role in the effectiveness of your energy work.

There are different types of channeling and channelers. Some channel information, art, science, healing energy and also energy to work as intended. By energy work as intended I am referring to channeling energy towards something and with an intention in mind whether it be a general intention or a very specific intention. Maybe it is the intention that you or another have a new job opportunity coming your way. Maybe it is intention that your store draw in not just customers but certain type of customers. No matter what the goal and the outcome you are trying to achieve we are speaking of CHANGE. Change that comes from using energy work to change one thing or situation to another powered partially by our intentions.

Being a Clear Channel

What does it take to channel effectively? It takes more than just being attuned. Becoming attuned to any energy system is just the beginning although some see it as the end as in they have finished their classes and received all the attunement and are ready to go and that's that. That is not that. There is more to it. If you are performing Reiki then you are channeling energy. You are a channel, but are you a clear channel? That is a very important question because the answer determines your effectiveness in your energy work. We all want to be as effective as we possibly can be and for that reason we often seek to raise our vibrations. But let me give you a scenario. What if you are living a life in which you are often yelling and getting made at people. Maybe you have some things you are holding on to from the past. Past things done to you which you haven't let go of and occasionally something triggers these things that are just beneath the surface and you get angry about them and the people who wrong you all over again as though it just happened. Maybe on a daily basis on your commute to and from work you commonly get angry at other drivers and yell and scream at them through your closed window and even give some lovely hand gesture to boot. For all those scenarios what kind of energy is that I am speaking of? What is that energy made of? Do you think it is energy of a high vibration or a low vibration? Energy creates! What did the energy from those type of situations create? Are you really going to effectively raise your vibrations with some of that (at different degrees) going on? No. Even if you are not an energy worker, can you imagine the things you are creating in your life by putting out that type of energy? And there is a name for it...a term that is used for what you are doing when you do such. Misqualified use of universal energy!

Work of the self is very important because to be an effective channel you must be a clear channel. You must heal and resolve all those things from the past and finally let them go from your life. You must control your behavior to control the energy you are sending out into the universe and hence I am speaking of controlling the negative ego. Of becoming a Master, because that is what Masters are able to do. Masters are able to control the negative ego. It is a part of you that you can not rid yourself of. You have had it all your life and will continue to have it all your life, but you must eventually learn to control it.

When I speak of being a clear channel I am speaking of resolving what is called human lighthouse filters. Human lighthouse filters are things which filter, taint, and dilute universal energy. Sure the energy is strong and powerful... that is before it goes through you. As it goes through you and through the things you suffer and things you do not control, which taints your aura and lowers your vibrations, by the time the energy goes through you and come out to go on to another person it is but a tiny trickle of pure universal energy. Even if you are not an energy worker how do you think having this going on would affect your life? Through the law of attraction, the universal law of cause and effect, how will you draw good things to you if you have but a trickle that is useful to affect any change?

Keeping Clear

It is important to understand that you will be more effective the clearer you are. If you have even one blocked or unbalanced chakra then that can effect not only how clear you are but how clearly you can be aware of divine guidance you are being given while helping someone. After first becoming attuned I recommend that you have a dedicated practice of clearing yourself everyday. Ground, white light protection, sever connections, surround yourself with violet light and as you are visualizing being surrounded by violet light repeat the violet flame decree nine times or in intervals of three. Take five to ten minutes to do this every day.

If you are providing Reiki to others daily I would recommend you also visualize clearing your chakras daily before you begin working on others. Make sure you read about the chakra system because not only will it help you to know when you need clearing or working on an issue you have but it will also help you in having insight in what your client may need.

<http://www.sherryspeaks.com/2015/03/the-chakra-system.html>

To learn about how to ground, protect, and sever/cut cords visit

<http://www.sherryspeaks.com/2015/03/control-and-develop-your-empathy.html>

For a guided grounding video I created visit <https://www.youtube.com/watch?v=T2rdMsFWVk0>

Raise Your Vibrations

Another key to doing energy work effectively is raising your vibrations. Vibrations are the speed at which energy moves. Think of it this way, the slower the energy is moving and the lower the vibrations the more you are in a place of being bogged down and heavy as though weighted.

Enlightened Masters have very high vibrations. To put it in a simple way if you still don't understand, enlightened masters have not only become their Christ selves, as Jesus did, but also they are higher in vibration and hence higher and closer to ascended master, Angel's, and God... simply closer to the source of universal energy. Do you think you will have any power if you are stuck down in the muck or do you think that the power lies in raising yourself up and out of the muck of a 3D world and living above it all. In becoming a clear channel you could say that you have done that for the most part however you will want to consciously work on raising your vibrations. Some of the most powerful things you can do is pray, chant mantras, say decrees (the power of the spoken word), meditate, and spend your days being happy and peaceful in a state of contentment...because you can because you have worked on the self, resolved issues and are not frustrated, worried, angry, or envious.

Practice Makes Perfect

One of the best tips I can give anyone is...use it! Many are attuned and trained or self taught but don't jump right in and perform Reiki a lot. Sure they will try it out and do a little Reiki here and there but not really jump in totally with both feet and take off.

The reason to jump right in and use it a lot, or as much as you possibly can on a regular basis is simple. As you use Reiki you are benefiting from the healing energy that is going through you as the channel. So as you heal others you are also being healed. Another reason is because regular use of Reiki or doing any energy work helps raise your vibrations. So just by doing energy work on a regular basis you raise your vibrations and also the amount of energy you body can hold.

Practice does make perfect. Just having learned Reiki but not using it would you expect it to work miraculously when the day comes that you have a sudden need to use it and really need it to work? Without having practiced on a regular basis? Whether it is Reiki or use of the spoken word by which you heal someone you must practice using it and using it on a regular basis.

Part II – Human Lighthouse Filters

If you are a healer, someone consciously working on ascension, or working on enlightenment then one of the first things you should become familiar with are Human Lighthouse Filters.

Imagine then as a channel for healing energy/universal light that you want to send healing energy to a friend who is sick. Imagine that some of the things that you commonly suffer daily may be some frustrations, oh and you are always worried about paying the rent and where your boyfriend has been until all hours of the night, oh and on top of it this friend you are wanting to send energy healing to is not real a friend but a friend of a friends and you really don't care for her all that much because you don't like her morals. So here you go, sending energy to your friend of a friend because you want to help her get better. Wait! What are you sending to her really? Healing energy? Think again...you are sending energy that has been filtered through frustration, worry and bias. So it is like you are sending her a big helping of energy with some frustration, worry, bias toppings on them. Ummmm that should make her all well, right? Wrong. There will be very little pure universal energy left once it is filtered through all those things. By the time it reaches her it will be but a slight trickle of energy. Doesn't sound to powerful as far as healing energy goes does it? But you were probably lead to believe that all you had to do is draw some symbols and with a little intention it was as simple as that. Of course, because many who teach Reiki are not Masters and can only teach what they know, and that is okay. They got you started and taught you the basics so you would know how to use Reiki and that was what they were suppose to do and they did that well. But what I am talking about is teaching you how to work on the self to be a more affective healer.

Human Lighthouse Filters

The following are some human lighthouse filters. Knowledge is power and maybe knowing what those filters are you can be more conscious of them:

Worry

Are there some things you are worried about right now? Are there things that have been on your mind that maybe you even feel should be there. Worry for paying bills, how you are going to afford to get the car fixed and still afford food, worry about some pain you have and whether it is something serious, worry about your relationship, etc. Either these things will be resolved or they will not be. What does worry do to help to resolve them. The resolution will still come in it's own time so how did you come up with a plan to spend time worrying about it until the resolution does come? Did you think that worrying about it and keeping it in the front of your mind would keep you focus on the problem to the point that you wouldn't forget it existed and because of that would come the resolution? Are you worried the problem will go away if you stop thinking about it? Do you think it is wrong to have a problem and not worry about it? Who taught you that any of those thing do you or the problem any good? Did you parents sit you down when you were old enough to understand and tell you that the way to handle a problem is to worry about it until it makes you ill and that is the way you handle and deal with a problem? No no one ever told you that of course. But the majority of humanity handles having a problem just like that and in handling it like that there is no trust and belief that the problem will be resolved. There is no positive energy being put on the situation that will help resolve it. Do you think that the negative resolves the negative? Of course not. So why do you deal with your problems as though you think that it does. Put worry out of your mind. No longer when there is a problem spend any times worrying about it or losing sleep over it. I know you think that is impossible and on some levels just plain wrong, but why do you think it is wrong and that it won't work. Who told you it wouldn't work? The box told you! The box that I speak of is called LIMITS. If you think it is impossible to just put a worry aside and forget about it then you are living in a box called limitations. If you do not believe that something is possible then it is not possible...for you. But if you believe that the sky's the limit and that all is possible then for you it is. The only thing holding you back IS YOU! You can step out of the box any time you want. It is not taped shut and you could have gotten out whenever you chose to. How about right now?

Can you change the way you think and believe all things are in fact possible? No. Then how do you intent to do Reiki healing? Did you think it would work any way even if you did not believe it possible? Do you think someone who asks you for healing will be healed if they think it not possible? You are in control of whether or not you spend time worry in all the time that leads up to you resolving a problem or situation. You do not have to worry but instead just resolve to solve the problem and leave it at that...and TRUST that the problem will be solved. And hey... why not while your at it take a leap of faith and say ask God for help...and then trust the help is coming. Just a thought...I live my life quite happily this way and am living proof of all I have said but don't take my word for it...trust yourself and that all things are possible and give it a try. And if you don't. Well you can confidently send out that energy healing tainted in worry. Why don't you tell someone "I am going to send you energy healing loaded down in worry...gonna send you a bunch of worry!" Would you be surprised if knowing that they said "Thanks, but no thanks, I'll find a clear channel to send me energy."

Here is a decree for abundance that you can use daily. By abundance of course I am not speaking of just money which is what many think of when they hear abundance. I am speaking of abundance in all things. Love, joy, peace, patience, etc.

Law of Abundance

**I AM free from fear and doubt,
Casting want and misery out,
Knowing now all good supply
Ever comes from realms on high.**

**I AM the hand of God's own fortune
Flooding forth the treasures of light,
Now receiving full abundance
To supply each need of life.**

Frustration

We are living in a world where so many are frustrated. frustrated with being out of work, being under paid, being passed over for a promotion, not being respected, having more work and chores than there is time in a day, etc. What are you frustrated about right now? What is your currently frustration? I bet you can probably answer with a few things quickly without even having to put to much thought into it. Many times the things that frustrate are things you have little control over. The things OTHER PEOPLE do and even though we only can control our own actions we spend little time working on the self and more time frustrated over and about other people. But in general many are just frustrated with life and the ins and outs of living it. What do you get out of feeling frustrated? Headaches, stomach aches, high blood pressure, etc. Can you stop being frustrated? Yes, actually quite easily. Do you believe you can stop being frustrated? Probably not and hence that is a problem isn't it? There is probably a lot in my life that if another was living my life they would find a lot to be frustrated with. Let's just pick one. Every day it is the same struggle to get my son to do homework. He would just rather be doing something else like playing with his toys or watching a favorite show on television. Is that wrong? No, not exactly. He is living as his inner child while most of us adult are adults trying to desperately find our inner child and bring him/her out so we can find peace and more happiness in our lives. So no he is not exactly wrong but he still has to do home work because he needs to do well in school. So we can't just nix homework like he thinks we can just by choosing to do so. And so I have this struggle everyday and I am not the only parent that has this struggle. So do you think I should feel frustrated about it? What would being frustrated resolve that situation some how? No. I would still resolve the situation but there is nothing that says I have to feel frustrated by it. It is just another part of life and something we have to go through and deal with. It's as simple as that. Should I go to bed feeling frustrated? Why? What if you could do and accomplish everything you need to and go through those experiences...but without letting yourself feel frustrated. And you can do that. You can be in full acceptance of things, understand that things happen for a reason and that everything is exactly as it should be even it on the surface it may seem not to be in a good state. Can you see that things that happen are just a part of life, of the experiences that give us the lessons we learn from and grow from. You have the opportunity and the power within you to deal with all things and still be in joy and happiness, if that is what you chose. So, chose that for yourself and then resolve yourself to let go of letting things frustrate you. Yes, it will take

some practice and you will fail many time before you succeed, but I promise that if you keep trying you will succeed! Otherwise, you can send that energy out to people and give them a big serving of energy coated in frustration. Does energy from frustration heal very well? No, but then you don't have to be frustrated any more...you are divine and you can choose to fully be that divine and in control person you really are!

Here is a decree for patience that is called the Count to Nine decree.

Give Me Patience – The “Count-to-Nine” Decree

In the name of the beloved mighty victorious Presence of God, I AM in me, my very own beloved Holy Christ Self, beloved Archangel Michael, Prince Oromasis, Mighty Astrea, Goddess of Light, beloved Ascended Master Cuzco, beloved Lanello, the entire Spirit of the Great White Brotherhood and the World Mother, elemental life—fire, air, water, and earth!
I decree:

**Come now by love divine,
Guard thou this soul of mine,
Make now my world all thine,
God's light around me shine.**

**I count one, it is done.
O feeling world, be still!
Two and three, I AM free,
Peace, it is God's will.**

**I count four, I do adore
My Presence all divine.
Five and six, O God, affix
My gaze on thee sublime!**

**I count seven, come, O heaven,
My energies take hold!
Eight and nine, completely thine,
My mental world enfold!
The white-fire light now encircles me,
All riptides are rejected!
With God's own might around me bright
I AM by love protected!**

**I accept this done right now with full power!
I AM this done right now with full power!
I AM, I AM, I AM God-life expressing perfection all ways at all times. This which I call
forth for myself I call forth for every man, woman and child on this planet!**

Human Bias

Many consider themselves unbiased. Just like many consider themselves open-minded but although many see themselves as open-minded their actions and words to others show that they truly are not that open-minded. For example, can you send healing to a murdered of a child? Can you send healing energy to the government or the president you didn't vote for? If you said no or you have strong feeling that would stop you from being able to do so then you are not unbiased.

That you can easily change just like any part of you can be changed if you choose to do so. We are in a new energy and these are not the old ways we are living in. We are living in a time where the Earth is ascending and taking all along for the ride and with all ascending comes with it other things that are huge happenings. From what you know of DNA do you think DNA changes? You might think it always stays the same, but in fact it does not. Even your DNA is changing. There use to be a time where what you were born with was what you were stuck with for your life and there was nothing you could do about it, but that is not the energy we have moved into. And notice I did not say the energy we are moving into as though in the future. No! I said the energy

we have already moved into! So that means there is no stopping you. The energy you are living in now is ready, so now you can get to work. As I have said many times, just as the past is not set in stone neither is the future. Time being non-linear the past, present and future is all happening right now. Do you believe that in this present moment you can change your DNA and remove things like Bias? If you believe you can then you absolutely can.

I say many different decrees and in trying to think of a decree that would help with human bias I feel that any decree, prayer or meditation on loving everyone would be helpful. With human bias it helps to be able to put yourself in another's shoes. See things from the other persons perspective and not just your own. Forget for a moment what you think about and how you view a situation from your emotional perspective and instead imagine yourself just not involved in it and looking from the outside in as that person with not emotional investment in it. Here is a decree for the violet flame. There are many violet flame decrees and all work well. The violet flame is a transmuting flame. It transmutes all negative energy turning it into light. For example, if you find yourself in a heated debate with someone visualize that you are both surrounded together inside the violet flame. Visualize it as a large flame starting beneath both your feet and ending above your heads. The violet flame is also an excellent at transmuting karma. Visualize yourself surrounded by the violet flame as you say this decree.

I AM the Violet Flame

In action in me now

I AM the Violet Flame

To Light alone I bow

I AM the Violet Flame

In mighty Cosmic Power

I AM the Light of God

Shining every hour

I AM the Violet Flame

Blazing like a sun

I AM God's sacred power

Freeing every one.

Being Unable to Forgive

The forgiveness for many is one of the toughest things to deal with. How many times have you said or heard someone say "I will forgive them, but I will never forget!"? Do you think that is true forgiveness? How about the person you felt treated you in a way you did not deserve? Can you forgive them...and forget? How about the person who robbed you as you were getting money from the ATM? Can you forgive this person who held a gun to you and caused you financial hardship? What about your abuser, can you forgive them? You may have quickly said "No! Too difficult! I just can't!" That is not mastery. You might say to me "Well, I am not a master or working on mastery!" So you think that it does not matter because you are not conscious of it? You indeed are working on mastery! That is what you came here to do even if you have no conscious memory of it. You came here to this lifetime to not only have new experiences, lessons and further your spiritual advancement but to also see how far you could push the envelope of working on uncovering the true self. You gave yourself a challenge and then came and so you mean to tell me you are going to give up that easily, just because it is not easy?

Well, you can forgive. There are many way you can forgive if you will just try. For one why don't you see what was done to you instead from a victim role as from the role of the one who stands dealing with another person who has a mental, physical or emotional problem. If a person with a handicap who could not walk very well bumped into you by accident and maybe didn't say anything and just kept walking, would you be able to forgive that person. Probably more easily than most because you would see that they were probably doing the best they could and it was not their INTENTION to hurt you. Well can't you force yourself to always see it that way with everyone. Can you see that the other person does have a handicap just not the type you are accustomed to witnessing. Their handicap is that maybe they have emotional or mental scares. Maybe what they did was an accident, meaning their intention was not to hurt you specifically but maybe they did in the process of them trying to benefit themselves. Can you excuse them and

forgive them? Can you at least try?

Here is a decree that I usually use everyday. Say it while meditating on things you would like to forgive others for as well as things you would like to be forgiven for. Also you can say it while just thinking of offering forgiveness to all of humanity. This forgiveness decree is actually a part of what is called the Heart, Head and Hands Decree.

I am forgiveness acting here

Casting out all doubt and fear,

Setting men forever free

with wings of cosmic victory

I am calling in full power

For forgiveness ever hour,

To all life in every place

I flood forth forgiving grace.

Without resolving forgiveness, including forgiving yourself as well as others then your light goes out nice and bright but filled with unforgiving energy. How much do you think that type of light will benefit humanity? Try!

Akashic Filter

Things of the past, past lives, can act as a filter along with things like worry, etc. Here is an example of that. Fear is a filter right? Well what if I am afraid of the water. Maybe I am afraid of drowning. So that is a fear I have even if I don't know where it came from. Maybe something in a past life where I drowned and hence where my fear of myself and others drowning comes from. That is still a fear that would affect me and channeling energy just like any other filter. That is what is called the "Akashic Filter" and although we are speaking of another lifetime, and the past

no less, you can over come this. You can give yourself permission to let go of the things of the past and yes even things from past lives. You can recognize the fear for what it truly is and over come it, it is just a matter of seeing the truth versus not seeing the truth and trying versus not trying.

Part III – Raising Your Vibrations

If you want to raise your vibrations my guess is that you want to raise them permanently and not just for a moment or a few days. All throughout the day your vibrations are raising and lowering as you experience things. If you get upset about something, then your vibrations will lower. If something makes you laugh or feel feelings of love and joy, then your vibrations will increase. If you get made because someone cut you off while you are driving but you did not vocalize your frustration but internally became frustrated, then your vibrations lowered. If you went through something that had you crying and sad, then your vibration were lowered. If you received an attunement to Reiki, then for a short time your vibrations were raised before they normalize again to the level you are really at.

The question then becomes do you think you can reside at a level you are not truly at? Why and how do you think that is possible? If you are in 5th grade math and you walk down the hall and go into a class that is 10th grade made will you suddenly and magically be at a 10th grade math level just because you sit in that class? Or will you have to do the work to attain that level? Of course you will have to do the work and you will increase your intelligence in math more and more until finally you reach a 10th grade level.

Stop looking for an easy way because there is an easy way but again you will only get out what you put in. Sacrifice much and get much. Sacrifice little and get little. What sacrifice? Your time, energy and dedication is your sacrifice.

If you are ready to learn how to truly raise your vibrations and permanently then listen to the audio of me discussing raising your vibrations:

http://sherryspeaks.com/wp-content/uploads/raising_your_vibrations.mp3

(The sound quality on this audio may not be great all the way through. My sound card in my computer was just beginning to go. In the near future I will most likely re-record this audio so I don't drive anyone batty.

Chapter 2 – Using the Violet Flame with Healing Systems

There are many things we learn about along the way. We find Reiki (or trip over it looking for something else) and begin using it. We learn about the chakras and so we begin keeping ours clear. We learn about how our emotions affect us and the energy we send out and hence what we create (and attract into our lives) so we begin the process of trying to control our emotions and negative ego. We learn about colors and how they have a frequency/vibration and so we begin incorporating the use of color into our work and sometimes even being more picky on certain days about the color of cloths we wear. We learn about other healing systems and so we say “Sign me up for that one too!”

I think we all can relate to what I have said in the previous paragraph. It probably gave you a little giggle too as you read it. It is true however, we learn so many things along the way, and why? They are, what I have called in the past, keys. Like pieces of a puzzle. Sometimes you can feel it and you might say “I want to keep reading more and more because I have not found all the keys/pieces to the puzzle.” We don’t even know what it is a puzzle of until we have enough or all the pieces and still we search for them as though our lives and existence depended upon it.

How many pieces have you collect thus far? Have you started the process of putting them together yet? Sometimes they put themselves together but often they need a little work from us. They need our creative ambition sometimes. They need us to see that they relate and to start the process of seeing how and at least trying to fit them together.

I think of the violet flame in this way. It was but one piece but such an important piece (to help resolve karma...the weight we are carrying that can weigh us down so much it affects/limits what we can manifest and healing is a manifestation). That does not mean for a while I missed the importance of it. It took me reading more and more of what I had already read for it to really make sense or rather for the knowledge of it to morph into understanding. Something someone

said to me once actually help. Someone told me once that it was not good visualizing yourself surrounded in a flame and that they just visualize themselves surrounded by the color...no flame. I get it, from some perspectives fire is bad. I wasn't totally convinced however and it was good that I was not easily convinced. Because I studied alchemy and from an alchemical perspective I understood the purpose of the flame. In alchemy the flame (fire) transmutes. One thing is transmuted to another by breaking it down and then building it back up into what is wanted. The flame is often used in the process of breaking down **separating** (pulling apart some things (elements)...the separation that is key). The flame/fire that is used in alchemy (yes, think lab and bunsen burners) is of a certain temperature. Think of somethings burn point. Even different types of wax used to make candles has a different melt point temperature you need to reach before you can begin pouring the wax to get a candle that burns correctly. The flame is important! It is not evil. It is necessary when it comes to transmutation, and by transmutation I mean change. I can burn something off as in burning off negative energy. I can also use the flame to transmute something, such as to change energy from negative to positive. Energy is not created. Existing energy is changed. Remember the quote by Albert Einstein? **“Energy cannot be created or destroyed, it can only be changed from one form to another.”** Even in the law of attraction you are not really creating more money, you are in fact re-creating a reality. Like turning the state of being broke into the state of being abundant. You are not manifesting something out of thin air but on another dimension energy (that already exists) is being changed from one thing into another before solidifying and being lowered down into this dimension so that it can fully manifest.

About the Violet Flame

The violet flame was given to us to use by St. Germain. What I mean by given to us to use is that previous to that time the violet flame did not work and have the effect it does now. He gave us the power of what it can do such as transmuting negative energy, resolving karma, clearing your self and/or spaces such as your home, protecting people and places, clearing things such as crystals. That is just a few uses of the violet flame.

How to Use the Violet Flame

Using the violet flame is actually quite simple. Visual yourself (or something) surrounded by the

violet flame from head to toe. Basically like you are standing in a big violet flame bubble from beneath your feet to above your head. Hold the visual. Holding a visual is very important. It is not enough just to visual something and then let the visual go. Hold the visual and keep visualizing in your minds eye as you repeatedly say the violet flame decree with meaning, a little commanding force and in a positive way with good posture even if you are sitting. Repeat the violet flame decree in multiples of either 3 or 9 as many times as you would like. Use the violet flame daily and as much as possible for six months to a year and you will gain awesome benefits.

The Violet Flame Decree

I AM a being of violet fire,

I AM the purity God desires.

Side Effects of Using the Violet Flame Decree

One effect that you may notice that I want to mention is heat. Feeling hot. I mean menopause hot! The violet flame decree can actually for a varied period of time make you feel hotter. This does not mean anything is wrong and it is not because of visualizing it as a flame. It is because it burns things off such as negative energy and during the time it is working and actually burning something off you may feel yourself get warmer.

Sometimes I use the violet flame decree after talking to someone who is very negative, overly emotional or who has a problem such as a mental problem or an addiction problem. Often when I do I feel myself get warm for a short period of time. This is often validation to me that some residue (I will call it that) was left behind on me from my encounter with the person.

Chapter 3 – Building Up Your Energy

In becoming a more effective Energy Worker or Reiki Practitioner you would be interested in building up your energy. The most important thing to know you must do is practice Reiki or flowing energy everyday. Be diligent about doing this everyday and your results will be even better.

Preparation for Practice!

- Ground
- Protect Yourself
- Deep breathing to change your state

The way I use to practice even before I became attuned to Reiki is that I would stand in the middle of the floor in bare feet. I would close my eyes and take a few long deep breaths with the intention in mind of starting the flow of energy running through me. I always run energy through me not from me. This is important because you do not want to use your own energy but instead you want to be a conduit for divine energy from Source.

Begin Imagining energy flowing into you. For now you can imagine (visualize) it flowing into your crown. Visualize it going into you, flowing through you and down your arms and out your hands. Try to feel the energy! Notice if you feel your hands getting warmer, tingling, falling asleep, etc. Also notice any jerky body movements or feeling like there is a mini earthquake beneath your feet.

After you feel like you have practiced enough such as for a few days, weeks, or months then you can begin attempting to pool the energy in your stomach like building up a big energy ball. See it getting bigger and bigger. Imagine it becoming solid. When you are satisfied with great visual force send it out to a target. Please do not practice on strangers who are unaware you are doing this. It can be powerful and felt very strongly. Also, you never know when you are picking the wrong stranger who knows a little something and has skills of their own. If they feel they need to defend themselves from an attack you may end up getting hurt. Also, some are skilled enough to

track energy back to the source. So be very careful and practice on objects, yourself or animals. Practice on your neighborhoods stray cats or squirrels. Don't practice on something that you don't want to have to replace or repair such as your microwave or car. Make sure you are grounded. If after practicing you go to flip on the light switch and the light bulb blows you need to ground and possibly send out some of your excess energy to the universe.

You can also practice drawing energy in from various sources. Energy from the ocean always feels so powerful to me!

- Practicing drawing in energy from sources
 - the moon
 - the ocean
 - the sun
- Practice sending out energy from
 - the sacral chakra
 - pooling energy
- Practice using different colors. Yellow may make someone relax and/or sleepy whereas blue will energize. Look up the different color and what they do. For example, green is good to use for healing but you must be careful because some times green can also amplify a problem. When in doubt use white light or violet. Why violet? Violet is a very powerful color. It transmutes negative energy and speeds healing.
- Increasing your sensitivity to energy – Get a bowl of water and sit it in front of you. Close your eyes. Lower you hand into the water and try to immediately sense the moment your fingers touch the water. Also you can sit quietly with your eyes closed and call on one of the Angels or Ascended Masters and ask them to come close to you, blending with your energy field. Try to sense their energy. Do you feel anything? Tingling on your head? Energy running up and down your body? Your heart chakra spinning faster? While your at it ask them to raise your vibrations for you. This will of course only last for a period of time however the more time you spend at a higher vibration the more you are working towards achieving that level of vibration permanently.
- Making/Using Dowsing Rods – You can make a pair from wire hangers. I did this when I

was first learning Reiki and as I would visualize different things or think of things that made me feel love I would see the dowsing rods move. It allowed me to see how effective I was becoming and how my practice was coming along.

Chapter 4 – The Kundalini and Using Kundalini Reiki

I tend to think of the Kundalini and Kundalini Reiki as two different things. In thought I do not mix the two. Kundalini Reiki is, as you know, an energy healing system. Kundalini itself refers to the kundalini energy in us all that rises to the call as we work on and clear ourselves.

The term kundalini itself comes from the Hindu tradition and refers to a great power that lies dormant in us all. Awakening it will lead to higher states of spirituality and even possibly enlightenment. Buddhist work with the kundalini, especially Tibetan Buddhists who refer to this awakening practice as tummo (inner fire) and simply describe this process as a method to warm one's body in the icy Tibetan mountains. In fact there is a tradition of Buddhist going to spend the night in the cold mountains and if they have achieve Kundalini awakening and mastered the elements then in the morning they will still be alive and well and the snow that surrounded them as they slept will be all melt from the heat they were able to generate.

It is more than just having that type of control of the self. It is a foundation of all higher spiritual realizations and can bring unimaginable states of awareness and bliss.

Anyone who would tell me they are interested in the Kundalini or awakening their kundalini I would question about their spiritual endeavors. Why, do you want to awakening the kundalini? How are you working on yourself to achieve spiritual knowledge, understand and clarity? For anyone who is serious about awakening then Kundalini I would expect to be very deep into their spiritual work and not just a dabbler for there are dangers for the dabbler or the person that just simply wants what they do not have for the sake of wanting it including be not limited to insanity. Yes, I know hard to believe but from all that I have experienced I can tell you that you need to have a good solid foundation to begin with, have resolved all your emotional and mental issues, and have a heart that puts this attainment above all else in a fierce way. I believe many have this type of ambition, but just need to learn more about the work involved so that they can

tackle it head on and Kundalini Reiki can be of support to someone to help along the way.

Kundalini Reiki will not awakening your kundalini but can be a support for all the work you need to do on yourself. It will not do the work for you but might give you an edge, a helping hand, as you are ready for things that need to be worked on and resolved to be brought to the surface so you can deal with them. Kundalini Reiki may also help soften things. Any energy work can lead to days of a harsh clearing. That is not unusual. However there are many methods for softening the clearing experience. Using pink energy is one and using Kundalini Reiki may be another that can be helpful.

As far as using Kundalini Reiki on another person, you definitely can not offer to someone else to awaken their kundalini for them. That in itself would be irresponsible as a healer for you to do or promise to do. However, using Kundalini Reiki on someone will be of help to them in various ways as they are working on themselves.

Chapter 5 – You Won't Have A Choice in Who You Heal

I spend a lot of time telling people what they should do to be able to reach new heights up to and including being that same type of clear vessel that some Buddha Masters, Jesus, St. Germain, Alchemist in history have been. Those people who have been able to easily affect spontaneous healings and make miracles happen such as one enlightened master that is living today where petrol replenishes itself in his car and the cars of those who assist him as he lives in service.

I like to talk about some of the things you will not only be able to do but that I call benefits of the hard work you would put in and sacrifices you would make to achieve being a clear vessel. I think it does help as it is sometimes hard when you are being so dedicated as you see people all around you doing as they please when they please when you know acting in that way is a luxury you can't afford if you want to reach your goals as an energy worker or on the path to enlightenment.

This post is titled “You Won't Have a Choice in Who You Heal” and that is absolutely true. Right now maybe you offer healing to people consciously and purposely and that is what you are use to. When you become that huge light in the world things will change a little. Your family will benefit regardless of whether they do any spiritual work ever. When it is their time to pass on they will have an easier passing because of the work you did. Your presence will be all that is needed to not only heal people but for people to have wonderful things happen to them. For example, imagine a friend talking to you about how they have been dealing with a tough situation for a long time that just seems like it will not get resolved anytime soon. After your talk with them you ponder it for a moment and maybe even talk to your higher self about even if to make on simple comment about it. Suddenly within only hours your friend calls you back and asks if you did anything. Why? Because after they talked to you the problem or issue they had been dealing with for so long that had been such a tough nut to crack suddenly resolved itself. Viola. You might say “No, I didn't do anything!”, but in fact you did. You shed light on their

situation because that is the way light works. It is not biased. It is pure and it is unconditional just as the sun is when it shines. A friend of mine explained it that way. When the sun shines it does not pick and choose who it shines on, it shines on all equally. What I am saying is that it does not say “Well, I’m not going to shine on this neighborhood because a lot of bad people live there that sell drugs and rob people...no sun for them!” No, that does not happen. Have you ever seen the sun shine on your house but skip shining on your neighbors house because they did something bad yesterday? No, of course not, the sun, and the light that you are growing more and more within you, is not biased and the more you raise your vibrations and work towards becoming a clear vessel the less say you will have in where the benefits of your light goes. That pertains to the law of attraction as well. It is not just you that is going to benefit from all the good you have coming to you from the universe. I have witnessed amazing and miraculous things happen to my family and friends because of the benefit those who associate with me receive from the work that I do and the level I have attained.

This should be a reason for you to work even harder towards your goals. The benefits you will receive will way out weigh any sacrifices you have to make along the way.

Chapter 6 – How Energy Works Part I – People at Different Vibratory Levels

So you have heard vibration this and that. You have probably heard/read about certain words you see repeatedly like vibrations, energy field, connection, and more many times. Just to make sure you have a good understanding of the term and meaning of vibration I will explain it again now.

Vibrations, as when we take about a certain person's vibrations, is the speed at which energy moves. Say that out so it helps you remember it better. We are all at different vibratory levels. So if I speak of someone having low vibrations I know you understand that must imply a slower speed at which their energy is moving. It you were running while wearing light clothing you would run faster than if you were wearing a backpack that had a cinder block in it of 50 pounds. That backpack would cause you to run slower...it would weigh you down. So what weighs us down and causes us to be at a lower vibration? Many things. To keep it simple lets just saying being a negative and mean person that is driven by the negative ego, display always such things as bias, anger, resentment, guilt, jealousy, etc, would have you living as a person with low vibrations as though you are going through life with a backpack weighing 50 pounds. That weight lowers your vibrations.

So the more light within you the lighter you are so to speak. Also the more light within as well as the less karma you have the faster things manifest in your life. So if you practice the law of attraction consciously then you now know the keys to really making it work for you.

So this is about people at different vibratory levels. First I want to say there is no bad vibratory level to be at. This is like school. Is it bad to be in the 2nd grade versus the 5th? No. Obviously you can't skip from 2nd to 5th, how would you learn everything in between that you would need to know to be able to be ready for the 5th grade. Think of it like school. We are all in a different grade. Now I will tell you though that if I say to some of my colleagues (I will call them my colleagues. Other healers, Reiki Masters, psychics, and those on the path to enlightenment, etc)

that their vibrations are lower than mine it might offend them. Generally it is an ego thing. I noticed long ago that this is a sensitive thing for most. They don't want to be thought of as being lower than another...or rather I should say that their negative ego doesn't like that thought. I often can tell where someone is at vibration wise and how much work they have done or not done on themselves based on their reaction to things I say. The person that emails me telling me how offended they were by something I said and that they felt that I was scolding them or being mean just has more work to do because that is their negative ego that was offended and put off and unfortunately they are living their life by their negative ego. When you are put off by someone or offended by something take the time to stop and think about it. What part of you is offended and why? What does it point to that you still need to work on within your self?

You may be wondering what this has to do with Reiki or healing someone. Lets imagine vibrations being represented by colors. Let say bright white is the highest you can be and then from there different shade of gray getting darker and darker until black are the lower end of the scale. White/bright is the purest. Tell me what happens if you add gray paint to white paint? What happens to the white paint? Right! Now if you are someone who has tried to send me healing don't worry and don't feel bad or anything. It is okay because I had to learn long ago to protect myself even from accidental harmful things. This is very important to learn and understand if you are going to be a healer. It is best not to be the one being in charge. It is always best to ask God or the universe to send those to you who need your help and healing. You are not the worker and the CEO. You are the worker and you wait for the universe, who knows best, to direct people to you who need your help. So if you were going to ask me how will you know not to send a certain person energy, that is the answer, if you are not being driven by your ego and you can be content to help in ways that is needed but not in ways that just satisfy your ego then it will be easy. Let it be known that you want to be of service. Ask for those who need your help to be sent to you. Most often the truth is that you will help those that are at the level that someone at your level is able to help. As you advance and grow you will help people at higher and higher levels but that are still at levels that someone at your level is able to help.

We will also later get into discussing PURPOSE and what your purpose in this lifetime is and

how that affects what you are suppose to be doing in this lifetime versus what you simply determined you want to do in this lifetime.

Chapter 6 – How Energy Works Part II – Distance Versus In-Person

This discussion also includes how to respond to a person questioning whether the healing or attunement really worked because they felt nothing.

<https://www.youtube.com/watch?v=gQ-9nyvevKA>

Chapter 6 – How Energy Works Part III

Reiki Attunement Affecting Right Hand versus Left Hand

Every now and then I get the question about feeling one hand versus the other after an attunement. This is a very good question.

As you know during an attunement the chakras are effected. The attunement attempts to clear and balance the chakras. Even though we are talking about your hand and its hand chakra(s) try not to group the left and right together as being one. It is possible for the chakra in one of your hands to be blocked or unbalanced while the other may be clear and balanced. So if you are wondering why you are feeling energy in one but not the other that is possible for many reasons. Possibly one chakra is unbalanced or blocked and the attunement process is attempting to clear and balance it and that is what you are feeling. Possibly you are just feeling your dominant hand chakra more.

The Dominant Hand – If you are left hand it then it may be your left hand. If you are right handed it may be your right hand. It does not always follow that rule. Some will use a pendulum to determine which hand is dominant. The dominant hand **sends energy out**.

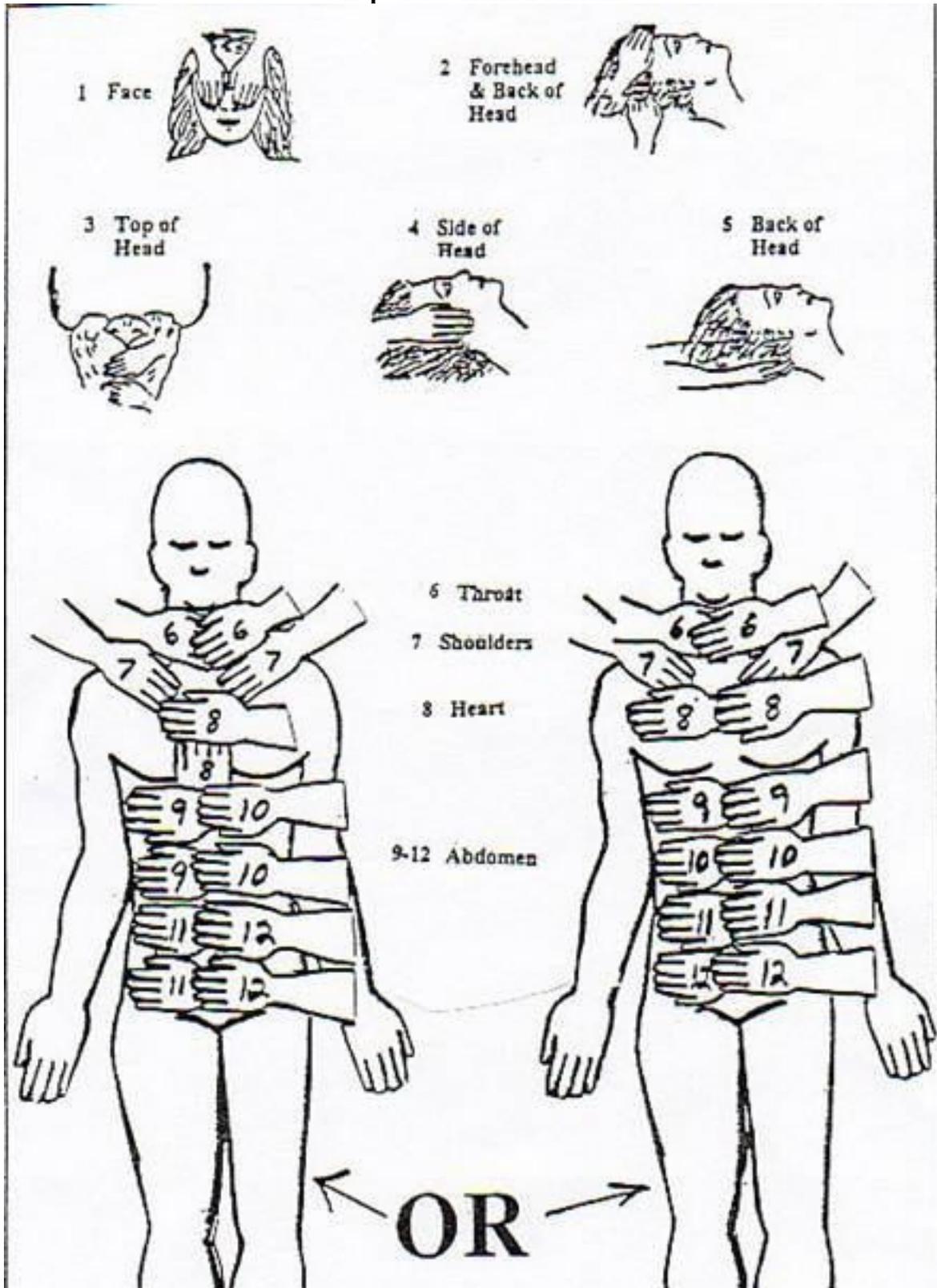
The Non-Dominant Hand – The non-dominant hand is the **receiver**.

Why is This Important?

Although I don't really teach anyone to take on another persons pain or illness there are many people that practice and do this both consciously and unconsciously. Empaths often do this unconsciously. To do this consciously you would of course need to know which hand is your non-dominant hand because you are going to use it to draw the negative energy which is the illness or disease into yourself through that hand.

Please do not practice taking on someone's pain or illness unless you are very advanced and know how to properly do this so that what you draw into you does not stay in you. I can tell you from first hand experience that what you draw in will feel worse within you than what the person you drew it from experienced. So you may think that you are just drawing in a headache and so the worst that will happen is you end up with the persons headache. NO! That is not how it works. Once within you it is just negative energy...not specifically a headache. You will simple experience the same as if you had some how taken in dark negative energy. I can tell you it can be quite a horrible feeling you suffer from it. So as I have said, please do not attempt to do this unless you are at an advance level of energy work or alchemy.

Chapter 7 – Hand Positions



Reiki Hand Position

illustration by Sherry Andrea



Reiki Hand Position

illustration by Sherry Andrea

